

NOVEMBER 2019

MALNUTRITION CONNECTION

Providing Information to Share on Malnutrition Awareness and Advocacy

National Family Caregivers Month Celebrated Each November — is a Time to Recognize and Honor Family Caregivers Across the Country



Celebrating Family Caregivers during NFC month enables all of us to:

- Raise awareness of family caregiver issues
- Educate family caregivers about self-identification
- Increase support for family caregivers

Caregivers need to be strong enough to take care of their loved ones! It is essential that caregivers take care of their own health and starting with good nutrition is the first piece. Many caregivers feel as though they do not have enough time to eat and/or that they don't have enough time to create healthy, nutritious meals.

Also, caregivers are often providing care to older adults with special dietary needs and chronic conditions which can lead to increased malnutrition rates. Malnutrition can be caused by social and psychological factors as well as physical. If your loved one has little social contact, he or she may not enjoy cooking or eating meals. If he or she is living on a limited income, he or she may have trouble affording groceries, especially fresh, healthy foods. Seniors suffering from dementia may simply forget to eat. It is also extremely important that caregivers speak to their care recipient's doctors and/or registered dietitian nutritionist about the best dietary plan for the older adult they're caring for.

Some things caregivers can do to both take care of themselves and others:

- Buy fresh, whole foods whenever possible
- Shop for tools that encourage independence in the kitchen
- Add flavor to foods using herbs, spices, salt-free blends and lemon juice
- Encourage snacking and have nutritious snacks available around the house
- Make meals more social
- Help with grocery savings and meal planning

Learn More About #NFCMonth:

[2019 Presidential Proclamation](#)

[National Family Caregivers Month Theme 2019](#)

[NFC Month Social Media Kit](#)

[Background on National Family Caregivers Month](#)

Social Media:

- November is #NationalFamilyCaregiversMonth, a time to recognize and honor family caregivers across the country. This year's theme is #BeCareCurious. Learn how you can be curious about your loved one's care by visiting: <http://ow.ly/mmyb30pH48i>
- 90 million Americans care for a loved one. It's #NationalFamilyCaregiversMonth and @CaregiverAction is sharing resources and stories about how you can #BeCareCurious. Learn more #caregiving tips at: <http://ow.ly/mmyb30pH48i>
- Caregiving is hard work but caregivers need to take care of themselves too! Learn more tips at: <http://ow.ly/mmyb30pH48i> #NFCMonth

At the recent National Institutes of Health 3rd [Geroscience Summit](#), the [American Society for Nutrition](#) delivered [comments](#) focusing on malnutrition and its impact on older adults. The Summit was organized by the [trans-NIH Geroscience interest group](#) and engaged professional societies, researchers, and practitioners in the emerging field of geroscience and its potential role in combating age-related diseases.